

WHAT IS CLAIMED IS:

- 1 1. A training golf club comprising:
- 2 a flexible hollow shaft,
- 3 a first weight secured internally within the shaft between a head end of the
- 4 shaft where the shaft attaches to a club head and a grip end of the shaft
- 5 where a training club grip attaches to the shaft.
- 6 a second weight secured internally within the shaft at the head end of the
- 7 shaft,
- 8 a club head attached to the head end of the shaft by a hosel provided on
- 9 the club head, and
- 10 a training club grip secured to an upper end of the shaft.
- 1 2. A training golf club according to Claim 1 further comprising:
- 2 said first weight secured within the shaft between a first lower plug and a
- 3 second upper plug.

- 1 3. A training golf club according to Claim 2 wherein the first lower plug is an
2 EPDM tapered plug and the second upper plug is a silicon gel plug.
- 1 4. A training golf club according to Claim 2 wherein the first weight extends
2 from approximately 4 inches above the hosel to approximately 2 inches
3 below a bottom of the training club grip.
- 1 5. A training golf club according to Claim 2 wherein the first weight is
2 between approximately 4 and 6 ounces in weight.
- 1 6. A training golf club according to Claim 2 wherein the first weight consists
2 of #9 buckshot.
- 1 7. A training golf club according to Claim 2 further comprising:

2 said second weight secured within the shaft so that said second weight is
3 flush with the head end of the shaft.
- 1 8. A training golf club according to Claim 2 wherein the second weight is
2 approximately 7.5 grams in weight.

- 1 9. A training golf club according to Claim 2 wherein the second weight is a
2 brass insert.